

**A great place
to create
memories!**

Peter Kirk Pool 2015

experience it!



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Peter Kirk Pool 2015

340 Kirkland Ave

Open June 8–Sept 7, 2015

Swim Lessons 425.587.3336

Pool Hotline 425.587.3335

www.kirklandwa.gov/aquatics



POOL FEES

Facility Admission

CASH OR CHECK ONLY

Single Facility Admission

(all ages, swimming or non-swimming). \$4

Save Money While You Swim!

*10-Visit Pass. \$35

*Individual Season Pass. \$90

Unlimited pool admission for one person.

*Household Season Pass \$260

Unlimited pool admission for two named adults listed on membership card and their named dependent children and/or grandchildren age 18 and under.

Dates that will affect regular Pool schedule:

July 11, Saturday

3:50–5:20pm Open Swim canceled.

September 7, Monday

Last day pool is open—will follow Saturday pool schedule.

2015 Public Swim Schedule

Swim Lesson, see pages 43-46

Swim Team schedule & info, see page 39

Sat & Sun Private Pool Rentals, see page 38

June 8 – June 21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	5:30–9:00am	5:30–9:00am	5:30–9:00am	5:30–9:00am	5:30–9:00am	
Public Swim & 1-Lane Lap Swim		7:00pm–8:30pm		7:00pm–8:30pm	5:30pm–8:30pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
2-Lane Lap Swim	7:00–8:30pm		7:00–8:30pm			

June 22 – August 16

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	5:30–7:00am	5:30–7:00am	5:30–7:00am	5:30–7:00am	5:30–9:00am	
2-Lane Lap Swim & Wading Pool Public Swim					10:45am–12:15pm	
Public Swim & 1 Lane Lap Swim	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:30–8:30pm	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:30–8:30pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
2-Lane Lap Swim	7:30–8:30pm		7:30–8:30pm			
Public Swim Family Fun Night					5:30–8:30pm	

August 17 – August 30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	6:00–9:00am	6:00–9:00am	6:00–9:00am	6:00–9:00am	6:00–9:00am	
2-Lane Lap Swim & Wading Pool Public Swim					10:45am–12:15pm	
Public Swim & 1-Lane Lap Swim	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:00–8:00pm	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:00–8:00pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm 5:30–8:00pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
2-Lane Lap Swim	7:00–8:00pm		7:00–8:00pm			

August 31 – September 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
6-Lane Lap Swim	6:00–9:00am	6:00–9:00am	6:00–9:00am	6:00–9:00am	6:00–9:00am	
Public Swim & 1-Lane Lap Swim	12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	12:30–2:00pm 2:10–3:40pm 3:50–6:00pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm

Unscheduled facility closures can occur with limited notice. Please call 425.587.3335 for pool information

Pool Rule Highlights

Be safe and make your visit enjoyable!

- Those who are not potty trained must wear swim diapers.
- Coast Guard approved life jackets, fun toys, and other inflatables, etc. are permitted. Inflatables larger than 3 ft. will be allowed at the lifeguard's discretion. During periods of high attendance, lifeguards may limit the use of inflatables and other items. ***No water wings permitted***
- The pool may be closed due to certain water quality maintenance issues and/or thunder/lightening or other inclement weather conditions. Please call the pool hotline for updated pool information 425.587.3335.
- A ratio of 3 children, under the age of 7 per one adult is in effect for all swims. Children under 7 years who cannot pass the swim test must be accompanied by an adult into the water at all times.
- All swimmers must be able to pass the swim test, 25 yards of crawl stroke, face in the water, with side breathing, to enter water deeper than his or her chest depth.
- A shower is required prior to entering either the main or wading pool.
- Children 10 years & under require adult supervision and may not be left unattended in the facility.

Swim Lessons – pages 40-46

Swim Team – page 39

Private Pool Rentals – page 38

6-Lane AM Lap Swim

6 lanes available for lap swim. Lap Lanes are marked: Fast, Medium and Slow. Swimmers must swim laps and follow swim etiquette rules as posted. **Please bring exact change.**

Wading Pool Public Swim

Wading Pool Public Swim is available for children under 7 years old, while accompanied in the water by an Adult (18 years and over). Adults must wear swim attire and remain in the water within arm's reach of children. Wading pool is limited to the first 40 people.

Public Swim and 1-Lane Lap Swim

Children under 7 years must be accompanied in the water by an adult (18 and over) at all times. 1 lane lap swim is available for swimmers to swim laps. Lap swimmers must follow lap swim etiquette. Wading Pool is available for children under 7 years old, while accompanied in the water by an Adult (18 years and over). Adults must wear swim attire and remain in the water within arm's reach of children. Wading pool is limited to the first 40 people and Peter Kirk Pool facility is limited to first 270 people. *Depending on programming, pool configurations may change and diving board may not be available for use

2-Lane Lap Swim

Lap swim is available in 2 lanes of the main pool. Lap swimmers must follow lap swim etiquette. Lap Lanes are marked: Fast, Medium and Slow

Family Fun Night Public Swim

Come join us for fun at Peter Kirk Pool for Family Fun Night! Family Fun Night offers something for everyone with pool games, arts and crafts and music. So grab your friends and family and catch a wave. Wading pool is limited to the first 40 people and Peter Kirk Pool facility is limited to first 270 people. Please check the schedule for event times and themes.

Private Pool Rentals

Reserve the Peter Kirk Pool for your own private swim party. Enjoy the summer month parties outside at the pool!! Fees are based on hours of use and include lifeguards, pool toys, and party deck space. **Outside food and drink welcome—ex. cake, pizza, etc.** See ad on page 38 for more information. Private rentals are available Saturday and Sunday.

To rent the pool call 425.587.3330.

★ SWIM TEST ★

Kirkland Lifeguards ask swimmers under 13 to demonstrate a strong crawl stroke using side breathing in order to enter water deeper than his or her chest depth. The test determines the child's swimming ability and endurance level. A child who tires easily may become panicky, even though he/she may have some basic swimming skills. Often times, a child who has passed the test is seen in deep water "dog paddling" or struggling to get to the poolside. In these situations, the lifeguards will ask the child to return to the shallow end. It is common for children to over-estimate their own abilities. Over 1,500 children and teens die every year across the United States due to accidental drowning. For this reason, we have established a requirement concerning minimum skill and endurance levels for entering deep water as part of our water safety education program.



Friday Night Family Fun Nights

Come join us for fun at Peter Kirk Pool for Family Fun Night! Family Fun offers something for everyone with pool games, arts and crafts and music. So grab your friends and family and catch a wave.

Space is limited to the first 270 people!
Please check the schedule for event times – Page 36

June 26	Hawaiian Bash	July 24	Beach Blanket Bingo Game Night
July 3	4th of July Party	July 31	Party with Disney
July 10	Fiesta at the Pool	Aug 7	Performance at the Pool
July 17	Picnic Pool Party	Aug 14	Hoop It Up Basketball Bash!

RENT THE POOL!!!

CALL 425.587.3360, 425.587.3330 or 425.587.3336

Reserve the Peter Kirk Pool for your own private swim party. Enjoy the summer month parties outside at the pool!! Fees are based on hours of use and include lifeguards, pool toys, and party deck space. Rentals must be reserved at least 72 hours in advance, based on availability. All pool rules are in effect.

Outside food and drink welcome ex. cake, pizza, etc

RENTAL FEES	1 hour	2 hours	3 hours
Both Pools	\$210 plus tax	\$340 plus tax	\$450 plus tax
Main Pool Only	\$180 plus tax	\$290 plus tax	\$375 plus tax
Wading Pool Only	\$95 plus tax	\$130 plus tax	\$170 plus tax

Lifeguarded Swimming Beaches

Lifeguards will be on duty:

July 1st – September 7th

Monday–Sunday, 12–6pm, at Houghton, Waverly, and Juanita Beach!

Lifeguards will be off duty on inclement weather days or when air temperature is under 65 degrees.

Open Water Swim Test administered by Lifeguards to children 12 and under at either Houghton, Waverly, and Juanita Beach requires a minimum of 25 yards – crawl stroke with side breathing. (Those demonstrating a weak stroke will not be permitted to go beyond the shallow water buoy line.) Adults 18 years and older must remain within arm's reach of non-swimming children under the age of 7.

Check the guard on and off duty signs on inclement weather days.

Houghton Beach Swimming Area

5811 Lake Washington Blvd
Kirkland

Houghton Beach Swimming Area has a long pier and a large dock with good shallow areas for children.

Free loaner life jackets are available for use, please see lifeguard



Waverly Beach Swimming Area

633 Waverly Way, Kirkland

Waverly Beach Swimming Area provides an area completely enclosed by a “U” shaped pier.

Free loaner life jackets are available for use, please see lifeguard

Juanita Beach Swimming Area

9703 NE Juanita Dr, Kirkland

Juanita Beach Swimming Area provides an area completely enclosed by a “U” shaped pier with a sandy beach and shallow area.

Free loaner life jackets are available for use, please see lifeguard

Groups larger than 15 people:

Day Camps and/or groups larger than 15 people are encouraged to contact the staff at Houghton, Juanita or Waverly, 48 hours in advance of an intended visit. Advance notice is appreciated. Call 425.587.3334.



KIRKLAND ORCA SWIM TEAM

Swim Team League Website: www.kirklandwa.gov/kirklandorcass

Registration for returning swimmers begins March 18th
Enrollment ends for returning ORCAS Thurs., May 28 @ 4pm.

Tryouts for new participants, regardless of age, is June 13.

The main objective of the Craze Summer Swim League is to provide a safe, recreational and competitive experience for area swimmers between the ages of 6 to 18 (age as of July 1, 2015.) Participating teams include the Cities of Kirkland, Edmonds, Shoreline, Mountlake Terrace, Everett / Snohomish, and South Snohomish County Dolphins.

Informational Meeting

6-7pm, Thursday, June 18, Peter Kirk Community Center. In addition, new participants will meet the coaches and be given information about the season.

Parental/Guardian Support

During the first week of the season, parents will be asked to Sign-Up for volunteer duties that will occur during the entire season. Examples of volunteer assignments include: Timing, Writing Ribbons, Staging, Team Communications, End of Season Pot-Luck, Meet Set-up and Clean-up, etc. approx. 6 hours, of volunteer commitment.

How to Register

New Participant Registration

New Participants, regardless of age, will need to attend the team tryouts on June 13 at the Peter Kirk Pool at 10am. In order to assess minimum skills required. Children ages 6 to 8 (age as of July 1, 2015) must be able to swim 25 yards of crawl stroke with side breathing and 25 yards of backstroke and those 9 and older must be able to swim 50 yards of each; crawl stroke, backstroke and 25 yards of breaststroke kick in order to participate on the team. Once passing minimum skill requirements, names will be placed into a lottery, divided up by age group and gender. Names will be drawn, starting with the youngest age group, filling the available spaces on the team.

Registration for new participants will take place June 13 at Peter Kirk Pool after tryouts. Register into specific practice time slots for the 2015 season—grid to right.

Resident \$200 / Non-Resident \$240 (PLUS SALES TAX)

Returning Participant Registration

Returning Participants (any person who has previously participated on the swim team), can register on-line at www.kirklandparks.net, in person, or over the phone beginning March 18th, online registration available at 12:01am. Verification of previous participation will be enforced.

Additional Information

- Practice begins Monday, June 22 and is scheduled to end Aug 16
- Practices are Monday–Thursday
- Meets are on Fridays or Saturdays

Participants will be asked to register for either morning or evening practices. Note: Morning and evening practice times have limited space.

Resident \$200 / Non-Resident \$240 (PLUS SALES TAX)

Enroll by age group and gender into one time slot

Age as of July 1, 2015

AGES 15-18	BOYS	7am–7:50am	44956
	GIRLS	7am–7:50am	44961
AGES 13-14	BOYS	7am–7:50am	44957
	GIRLS	7am–7:50am	44966
AGES 11-12	BOYS	7:50am–8:35am	44958
	BOYS	4pm–4:45pm	44962
	GIRLS	7:50am–8:35am	44967
	GIRLS	4pm–4:45pm	44970
AGES 9-10	BOYS	7:50am–8:35am	44959
	BOYS	4pm–4:45pm	44963
	GIRLS	7:50am–8:35am	44968
	GIRLS	4pm–4:45pm	44971
AGES 7-8	BOYS	8:35am–9:15am	44960
	BOYS	4pm–4:45pm	44964
	GIRLS	8:35am–9:15am	44969
	GIRLS	4pm–4:45pm	44972
AGE 6	BOYS	8:35am–9:15am	44965
	BOYS	4pm–4:45pm	44973
	GIRLS	8:35am–9:15am	44974
	GIRLS	4pm–4:45pm	44975

Swim Team Prep Course

Designed for children interested in joining any competitive swim team and are either unsure of their proficiency or may need some refreshing. Introduction to the four competitive strokes through stroke technique introduction and practice drills. Children should be able to swim 15 yards without assistance or have completed Youth Level Three prior to enrollment.

Participation on the Swim Team Prep Course does not guarantee a spot on the team • Eight 30 Min. Lessons (Mon-Thur) • Resident \$80 / Non-Resident \$96

AGES 6-7*	3:50–4:20pm	June 8–18	44982
	4:25–4:55pm	June 8–18	44983
AGES 8-9*	5–5:30pm	June 8–18	44984
	5:35–6:05pm	June 8–18	44985
AGES 10-13*	6:10–6:40pm	June 8–18	44986

*Participating age as of July 1, 2015

Stroke Lessons

Become a faster more efficient swimmer! Instructors will work to assist swimmers with details and mechanics of their strokes in four 60 minute sessions!! This course is a great opportunity for swimmers to get individual stroke and technique attention, in a small group setting. Participants should be able to comfortably swim 50 yards of freestyle and backstroke without assistance.

Four 60 minute Lessons

Resident \$80 / Non-Resident \$96

AGES 6-10	10–11am	Mon–Thur June 22–25	44990
AGES 11-18	11:15–12:15pm	Mon–Thur June 22–25	44991

Junior Masters Swim Workouts

Age 18 to 24 years **NEW!**

Have you been out of the water for longer than you care to remember? Or are you looking to swim during the summer to stay or get into shape? Or, just looking for a total body workout? Tired of swimming laps on your own and looking to swim with “teammates”? If so, this is the perfect group for you! Swim up to 4 times per week.

Resident \$50 / Non-Resident \$60

Mon–Thur	7:00–7:55am	June 22–Aug 13	45675
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Infant/Toddler, Child,
Youth and Adult

Swim Lessons Session Dates

Monday–Thursday

2 weeks: 8 lessons • Child & Youth

Session 1: June 8–18

Resident \$66 / Non-Resident \$80

Session 2: June 22–July 2

Resident \$66 / Non-Resident \$80

Session 3: July 6–July 16

Resident \$66 / Non-Resident \$80

Session 4: July 20–30

Resident \$66 / Non-Resident \$80

Session 5: August 3–August 13

Resident \$66 / Non-Resident \$80

Session 6: Aug 17–27

Resident \$66 / Non-Resident \$80

Monday & Wednesday

2 weeks: 4 lessons

Infant/Toddler Lessons & Adult

Session 7: June 22, 24, 29, July 1

Resident \$40 / Non-Resident \$48 (Infant/Toddler Only)

Session 9: July 6, 8, 13, 15

Resident \$40 / Non-Resident \$48

Session 11: July 20, 22, 27, 29

Resident \$40 / Non-Resident \$48

Session 13: August 3, 5, 10, 12

Resident \$40 / Non-Resident \$48 (Adult Lessons Only)

Tuesday & Thursday

2 weeks: 4 lessons

Infant / Toddler Only

Session 8: June 23, 25, 30, July 2

Resident \$40 / Non-Resident \$48

Session 10: July 7, 9, 14, 16

Resident \$40 / Non-Resident \$48

Session 12: July 21, 23, 28, 30

Resident \$40 / Non-Resident \$48

Unscheduled facility closures can occur with limited notice. We will have lessons rain or shine but during inclement weather days if you are concerned about facility closures, please contact the pool hotline at 425.587.3335.

Private/Semi Private Lessons, Pg 46

To Choose the Correct Class:

- #1 Review the skills and minimum age requirements for each level: pages 41–43
- #2 The skills listed are the skills each class will work on.
- #3 Choose the session, dates and time for the appropriate skill level.
- #4 Use the five digit course number listed to register for your class.
To register call 425.587.3330 or visit www.kirklandparks.net

NOTE: Students will progress through levels at different speeds depending on several factors such as their age, physical coordination and the number of lessons in each session. **If you are signing your child up for multiple sessions of swim lessons, please be advised that it may take your child more than 1 session to move to the next level. It is highly suggested to register your child for the same level more than 1 session before registering them for the following level.**

- **MAKE-UP LESSONS:** Participants may not make-up classes which they have missed nor are make-up lessons provided due to facility closures. If your child is sick the first few days of a class, they are encouraged to take the remaining days.
- **REGISTRATION DEADLINE:** Thursday at 4pm prior to the next session of swim. No registrations are taken at the Pool. Staff does not have access to registration system at the Pool.
- **REGISTRATION TIPS:** Careful review of the primary objectives is very important prior to registration. By doing so, you will increase the likelihood of placing your child in the most appropriate level. Proper placement will enhance his or her experience and will help create a better learning environment for every student in the class.
- **REGISTERED IN WRONG LEVEL:** Children registered for a class which they are not qualified for will be placed in the correct class only if there is a vacancy. If there is no vacancy, your money will be refunded. Please read the class descriptions carefully to insure your child is enrolled in the correct class. If your child graduates to a higher level than you have them registered for, we will make every effort to accommodate a transfer, subject to availability. However, there may be instances where a refund is necessary. Report cards will be given on Tuesday of the second week of lessons. Transfer deadline is Thursday by 4pm that same week for all future swim session enrollments that require a new level of swim.

Aqua Tot Swim Lessons

Aqua Tots is a rewarding water experience for adults with young children. It introduces infants and toddlers to the joys of water activity while developing very basic skills, and teaches parent/caregivers how to ensure safety at all times.

Aqua Tots is a two-part program for young children and their parents/caregivers. Children as young as 9 months are able to start the program. Children stay with the program until they are ready to move up to Preschool Lessons, sometime after they reach three years of age.

Aqua Tots is about learning together in the water while you play and have fun. It's about helping your child feel comfortable in the water while promoting water safety. It's about building confidence in the water through encouragement, exploration and support.

- It teaches you how to prepare before you go in or near the water by taking the right equipment, checking the environment, and planning an emergency response.
- Stay safe during activity in or near the water, by properly supporting and supervising your child.
- Survive if something goes wrong, by knowing how to perform a rescue and get help.

Aqua Tots I

Ages 9 to 24 months

Aqua Tots I encourages children and parents to become comfortable and safe in the water. Primary objectives include: Child initiated pouring water on his or her face, head and body. Blowing bubbles at the surface. Assisted front and back floats with rolling over. Assisted glides through the water, basic arm and/or leg movements.

Aqua Tots II

Ages 20 to 48 months

Aqua Tots II encourages children and parents to become more water safe while increasing readiness skills. Primary Objectives Include: Student initiated movement above and under water, rhythmic breathing, front and back floats and glides, kicking while on front and back, front and back glides with kick, changing direction and rudimentary front swim.

Preschool Swim Lessons

Ages 3 to 5 years See pages 43–46 for lesson schedules

Preschool group water adjustment and swim lessons are designed for children 3 to under 6 years of age without the assistance of their parents.

Preschool Levels One and Two are primarily taught in our instructional pool which ranges from 6 inches to 2.5 foot. The shallow water provides a comfortable and friendly learning environment in which young

children can move around independently. In **Preschool Level Three** students are gradually introduced to more complex skills and deeper water, progressing to lessons in the shallow end of the main pool. **Preschool Level Four** continues to develop swimming and safety skills.

After completing **Preschool Level Five**, students have learned some basic deep water

skills and may have acquired the ability to pass our swim test, a requirement for swimmers to enter water deeper than chest depth (including use of the diving board.)

If your child is under the age of 4 and you feel they may still benefit from parent/caregiver assistance, we recommend Aqua Tots II prior to entering the Preschool Program.

Preschool Levels	Student Learning Objectives	
Pre-Water Introduction Preschool Level 1	Skills taught in Preschool Level 1 (Instructional Pool Only)	
	<ul style="list-style-type: none"> • Water adjustment • Blow bubbles • 3 Bobs • Front float with support • Back float with support 	<ul style="list-style-type: none"> • Kick on front with support • Kick on back with support • Alternating arms on front with support • Safety skills
Water Introduction Preschool Level 2	Skills taught in Preschool Level 2 (Instructional Pool Primarily)	
	<ul style="list-style-type: none"> • 5 Bobs • Retrieve object from bottom with eyes open • Front float 3 seconds unassisted • Back float 3 seconds unassisted 	<ul style="list-style-type: none"> • Front glide & kick with float 3 yards (performed in lap pool) • Back glide & kick with float 3 yards (performed in lap pool) • Front crawl with support • Safety skills
Fundamental Aquatic Skills Part 1 Preschool Level 3	Skills taught in Preschool Level 3	
	<ul style="list-style-type: none"> • 8 Bobs • Front float 6 seconds unassisted • Back float 6 seconds unassisted • Basic front crawl 3 yards • Rhythmic breathing with support • Basic elementary backstroke 3 yards 	<ul style="list-style-type: none"> • Front glide with kick 5 yards • Back kick and fin 5 yards • Alternating arms on back w/support 3 yards • Bob to safety • Safety skills
Fundamental Aquatic Skills Part 2 Preschool Level 4	Skills taught in Preschool Level 4	
	<ul style="list-style-type: none"> • 12 bobs • Basic rhythmic breathing with kicking • Basic back crawl 5 yards • Basic elementary backstroke 5 yards 	<ul style="list-style-type: none"> • Basic crawl stroke 5 yards • Jump into water and recover to wall • Safety skills
Stroke Development Preschool Level 5	Skills taught in Preschool Level 5	
	<ul style="list-style-type: none"> • 15 bobs • Back crawl 13 yards • Front crawl 13 yards • Elementary backstroke 6 yards • Breaststroke kick 13 yards • Dolphin kick with support 13 yards • Swim underwater 6 feet 	Must be able to swim 13 yards front crawl before attempting the following skills: <ul style="list-style-type: none"> • Kneeling dive • Compact dive • Tread water 20 seconds • Safety skills

Youth Swim Lessons

Ages 6 to 12 years See pages 43–46 for lesson schedules

The City of Kirkland is proud to offer Peter Kirk Pool Learn to Swim Lesson Program. Students can progress through six levels of swimming and safety skills. When students can comfortably and confidently perform all of the skills meeting

the required benchmarks for technique, skill and distance, they can progress to the next level.

A word of caution: Many parents and caretakers make the common mistake, thinking that once their child has gained the ability

to swim a width of the pool that the child is indeed a competent swimmer. **THIS IS NOT THE CASE!** We encourage everyone to work through Level 6. Developing strong swimming skills and learning how to stay safe occur in the higher Youth Levels.

Youth Levels	Student Learning Objectives	
Introduction to Water Skills Level 1	Skills taught in Youth Level 1	
	<ul style="list-style-type: none"> Enter and exit independently from chest deep water using ladder, steps or poolside Use arm and leg motions to float for 5 seconds on front and back with support Move around, change position, and direction in chest deep water 	<ul style="list-style-type: none"> Demonstrate beginning levels of breath control submerging face for 3 seconds and opening eyes under water Demonstrate basic water safety rules, use of life jacket, and summoning help
Fundamental Aquatic Skills Level 2	Skills taught in Youth Level 2	
	<ul style="list-style-type: none"> Submerge entire head for 5 seconds in chest deep water and rhythmically breathe in between 5 times Float and glide on front and back unsupported for 5 seconds and change position 	<ul style="list-style-type: none"> Explore alternating and simultaneous leg kicking and arm pulling motions Perform rudimentary front and back strokes – 5 yards Explore basic reaching rescues and water safety skills
Stroke Development Level 3	Skills taught in Youth Level 3	
	<ul style="list-style-type: none"> Perform basic water safety skills such as H.E.L.P and Huddle positions, and safe water entry rules Explore rudimentary beginner, elementary backstroke, front crawl and back stroke – 10 yards 	<ul style="list-style-type: none"> Explore rudimentary breaststroke Demonstrate feet first and rudimentary diving entries into deep water Explore treading water 15 sec and reverse direction of travel
Stroke Improvement Level 4	Skills taught in Youth Level 4	
	<ul style="list-style-type: none"> Identify safe diving rules Perform rescue breathing and obstructed airway procedures Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke – 25 yards 	<ul style="list-style-type: none"> Perform rudimentary sidestroke and butterfly – 10 yards Perform survival float and tread water in deep water – 2 min
Stroke Refinement Level 5	Skills taught in Youth Level 5	
	<ul style="list-style-type: none"> Describe diving board safety rules Identify symptoms of Spinal Injury and show inline stabilization techniques Refine efficient and effective front crawl, back crawl, elementary backstroke, breaststroke – 50 yards 	<ul style="list-style-type: none"> Refine efficient and effective sidestroke and butterfly – 25 yards Refine survival swimming 2 min, treading water 3 min, and underwater swimming – 5 to 10 yards
Swimming and Skill Proficiency Level 6	Skills taught in Youth Level 6	
	<ul style="list-style-type: none"> Demonstrate proficiency in front crawl and back crawl – 100 yards with turns Demonstrate proficiency in breaststroke, sidestroke and butterfly – 50 yards 	<ul style="list-style-type: none"> Demonstrate proficiency in Personal Safety and Rescue Skills, Pike and Tuck surface dives, throwing rescue, and approach stroke – 25 yards Describe diving board safety rules

Adult Swim Lessons

Ages 13 and up **Taught Twice a week M/W for 2 weeks. See grid on page 46 for dates.**

Fundamental Aquatic Skills Adult Level 1	Skills taught in Adult Level 1	
	<ul style="list-style-type: none"> • Float and glide on front and back unsupported for 5 seconds and change position • Explore alternating and simultaneous leg kicking and arm pulling motions 	<ul style="list-style-type: none"> • Perform rudimentary front and back strokes • Explore treading water • Explore basic water safety skills
Stroke Improvement and Refinement Adult Level 2	Skills taught in Adult Level 2	
	<ul style="list-style-type: none"> • Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke. • Refine efficient and effective strokes. 	<ul style="list-style-type: none"> • Increase swimming speed and distance ability. • Develop fitness, swimming and other aquatic goals with the instructor's assistance.

Schedules and Course Codes start here ►



June 8–18 Swim Lessons: Two-Week Sessions

Eight, 30-minute lessons. Monday–Thursday • June 8–18 RESIDENT \$66 / NON-RESIDENT \$80					
	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm
PRESCHOOL 1	44044	44045	44046	44047	44048
PRESCHOOL 2	44049	44050		44051	44052
PRESCHOOL 3	44054	44055	44056	44057	
PRESCHOOL 4			44058		
PRESCHOOL 5				44059	
YOUTH 1	44060		44061		44062
YOUTH 2	44063		44064		44065
YOUTH 3	44066		44067		44068
YOUTH 4		44069		44070	
YOUTH 5		44071			44072
YOUTH 6				44073	
RESIDENT \$80.00 / NON-RESIDENT \$96.00					
SWIM TEAM PREP 6-7	44982	44983			
SWIM TEAM PREP 8-9			44984	44985	
SWIM TEAM PREP 10-13					44986

Peter Kirk Pool

June 22–July 2 Swim Lessons: Two-Week Sessions

Eight, 30-minute lessons • Monday–Thursday • June 22–July 2 RESIDENT \$66 / NON-RESIDENT \$80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1					44075							
AQUA TOTS 2						44077					44078	
PRESCHOOL 1	44079	44080	44081	44082	44083	44084	44085	44086	44087	44088	44089	44090
PRESCHOOL 2	44098	44099	44100	44101	44102	44103	44104	44105	44106	44107	44108	44109
PRESCHOOL 3		44113	44114	44115	44116	44117			44118	44119	44120	44121
PRESCHOOL 4			44123		44124	44125			44126	44127	44128	
PRESCHOOL 5				44130					44132			44134
YOUTH 1	44135	44143	44136	44137	44138				44139	44140	44141	44142
YOUTH 2	44160	44161	44162	44163	44164	44165			44166	44167	44168	44169
YOUTH 3		44174	44170	44175	44176	44177			44171	44178	44172	44173
YOUTH 4		44183	44184	44179		44185				44180	44181	44182
YOUTH 5			44189		44186				44187			44188
YOUTH 6						44190				44191	44192	44193

July 6–16 Swim Lessons: Two-Week Sessions

Eight, 30-minute lessons • Monday–Thursday • July 6–16 RESIDENT \$66 / NON-RESIDENT \$80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						44194						
AQUA TOTS 2											44196	
PRESCHOOL 1	44198	44199	44200	44201	44202	44203	44204	44205	44206	44207	44208	44209
PRESCHOOL 2	44210	44211	44212	44213	44214	44215	44216	44217	44218	44219	44220	44221
PRESCHOOL 3	44222	44223	44224	44225	44226	44227			44228	44229	44230	44231
PRESCHOOL 4		44232	44233	44234	44235	44236			44237	44238	44239	44240
PRESCHOOL 5			44241		44242				44243			
YOUTH 1	44246	44247	44248	44249	44250	44251			44252	44253	44254	44255
YOUTH 2	44256	44257	44258	44259	44260	44261			44262	44263	44264	44265
YOUTH 3		44266	44267	44268	44269	44270			44271	44272	44273	44274
YOUTH 4		44275	44276	44277	44278	44279			44280	44281	44282	44283
YOUTH 5			44284	44285	44286				44287	44288	44289	44290
YOUTH 6				44300	44301	44302				44303		44304

July 20–30 Swim Lessons: Two-Week Sessions

Eight, 30-minute lessons • Monday–Thursday • July 20–30 RESIDENT \$66 / NON-RESIDENT \$80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						44305						
AQUA TOTS 2											44308	
PRESCHOOL 1	44315	44316	44317	44318	44319	44320	44321	44322	44323	44324	44325	44326
PRESCHOOL 2	44327	44328	44329	44330	44331	44332	44333	44334	44335	44336	44337	44338
PRESCHOOL 3	44339	44340	44341	44342	44343	44344			44345	44346	44347	44348
PRESCHOOL 4		44349	44350	44351	44352	44353			44354	44355	44356	44357
PRESCHOOL 5			44358		44359				44360		44361	
YOUTH 1	44363	44364	44365	44366	44367	44368			44369	44370	44371	44372
YOUTH 2	44373	44374	44375	44376	44377	44378			44379	44380	44381	44382
YOUTH 3		44383	44384	44385	44386	44387			44388	44389	44390	44391
YOUTH 4		44393	44394	44395	44396	44397			44398	44399	44400	44401
YOUTH 5			44402	44403	44404				44405		44406	44407
YOUTH 6					44408	44409				44410		44411

August 3–13 Swim Lessons: Two-Week Sessions

Eight, 30-minute lessons • Monday–Thursday • August 3–13 RESIDENT \$66 / NON-RESIDENT \$80												
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						44412				44413		
AQUA TOTS 2				44414					44415		44416	
PRESCHOOL 1	44417	44418	44419	44420	44421	44422	44423	44424	44425	44426	44427	44428
PRESCHOOL 2	44430	44431	44432	44433	44434	44435	44436	44437	44438	44439	44440	44441
PRESCHOOL 3	44442	44443	44444	44445	44446	44447			44448	44449	44450	44451
PRESCHOOL 4		44452	44453	44454	44455				44457	44458	44459	44460
PRESCHOOL 5			44461		44462					44463	44464	
YOUTH 1	44465	44466	44467		44468				44469		44470	44471
YOUTH 2	44472	44473		44474	44475	44476				44477		44478
YOUTH 3		44479	44480	44481	44482	44483			44484	44485		44486
YOUTH 4		44487	44488	44489	44490	44491			44492	44493	44494	
YOUTH 5			44495	44496		44497			44498		44499	
YOUTH 6					44500	44501						44502

August 17–27 Swim Lessons: Two-Week Sessions

Eight, 30-minute lessons • Monday–Thursday • August 17–27 RESIDENT \$66 / NON-RESIDENT \$80 PLUS SALES TAX										
	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm
AQUA TOTS 1		44503							44504	
AQUA TOTS 2			44505					44506		
PRESCHOOL 1	44507	44508	44509	44510	44511	44512	44513	44514	44515	44516
PRESCHOOL 2	44607	44608	44609	44610	44611	44612	44613	44614	44615	44616
PRESCHOOL 3	44617	44618	44619	44620				44621	44622	44623
PRESCHOOL 4	44624	44625	44626						44628	44629
PRESCHOOL 5	44630		44631						44632	44633
YOUTH 1	44634	44635		44636				44637	44638	44639
YOUTH 2	44640	44641		44642	44643			44644		44645
YOUTH 3	44649	44650	44651	44652	44653			44654	44655	44656
YOUTH 4	44665		44666	44667	44668			44669		44670
YOUTH 5			44673	44674	44675			44676	44677	
YOUTH 6				44690	44691			44692	44694	

Aqua Tots

Twice a Week Lessons for Two Weeks

June 22, 24, 29, July 1 • Mon & Wed

Four 30 Min. Lessons • Res \$40 / Non-Res \$48

SESSION 7	10:00am	10:35am	5:00pm	5:35pm
AQUA TOTS 1	44994			44998
AQUA TOTS 2		44995	44997	

July 6, 8, 13, 15 • Mon & Wed

Four 30 Min. Lessons • Res \$40 / Non-Res \$48

SESSION 9	9:25am	10:00am	5:00pm	5:35pm
AQUA TOTS 1		44999		45000
AQUA TOTS 2	45001		45002	

July 20, 22, 27, 29 • Mon & Wed

Four 30 Min. Lessons • Res \$40 / Non-Res \$48

SESSION 11	9:25am	10:00am	5:00pm	5:35pm
AQUA TOTS 1		45003		45004
AQUA TOTS 2	45005		45006	

June 23, 25, 30 July 2 • Tue & Thur

Four 30 Min. Lessons • Res \$40 / Non-Res \$48

SESSION 8	10:00am	10:35am	5:00pm	5:35pm
AQUA TOTS 1	45007			45008
AQUA TOTS 2		45009	45010	

July 7, 9, 14, 16 • Tue & Thur

Four 30 Min. Lessons • Res \$40 / Non-Res \$48

SESSION 10	9:25am	10:00am	5:00pm	5:35pm
AQUA TOTS 1		45011		45012
AQUA TOTS 2	45013		45014	

July 21, 23, 28, 30 • Tue & Thur

Four 30 Min. Lessons • Res \$40 / Non-Res \$48

SESSION 12	9:25am	10:00am	5:00pm	5:35pm
AQUA TOTS 1		45015		45016
AQUA TOTS 2	45017		45018	

Private / Semi-Private Lessons

One on one instruction, highly motivated, friendly instructors and close personal attention to detail. Private instruction is ideal for: • The beginner who would like assistance with water orientation before registering for one of our programs • Those who are having difficulty with a particular stroke/ technique—emphasis can be placed on your needs • Those working to overcome water phobia • Special needs

You must register for M/W *or* T/TH option and must enroll for at least four lessons within a two-week period.

8:50-9:20am	Mon/Wed or Tue/Thur June 22–August 13
9:25-9:55am	Mon/Wed or Tue/Thur June 22–July 2
5:35-6:05pm	Mon/Wed or Tue/Thur June 22–August 13

Call 425.587.3330 for availability

Lessons run June 22 through August 13

1:1 private lesson

Resident \$35 / Non-Resident \$42 per ½ hour

2:1 semi-private lesson is for 2 children

Resident \$40 / Non-Resident \$48 per ½ hour

Adult Lessons

Twice a Week Lessons for Two Weeks

July 6, 8, 13, 15 • Mon & Wed

Four 30 Min. Lessons • Res \$40 / Non-Res \$48

Session 9	7:30pm
Adult 1	45019
Adult 2	45020

July 20, 22, 27, 29 • Mon & Wed

Four 30 Min. Lessons • Res \$40 / Non-Res \$48

Session 11	7:30pm
Adult 1	45021
Adult 2	45022

Aug 3, 5, 10, 12 • Mon & Wed

Four 30 Min. Lessons • Res \$40 / Non-Res \$48

Session 13	7:30pm
Adult 1	45023
Adult 2	45024

Special Interest Aquatics **NEW CLASSES!!**

Get Trained... American Red Cross Classes for Youth-Adult!!

Adult and Child First Aid/ CPR/AED

Age 14 years to Adult

The Adult and Child First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age—adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Text Books and Pocket Masks not included in course fee and must be purchased separately at redcrossstore.org item #658225 • Location: PKCC • 6 hour course
Resident \$90 / Non-Resident \$108

Sat	9am–3pm	May 9	45031
Sat	9am–3pm	July 11	45032

CPR/AED/First Aid Course for Youth!

Ages 8 to 14 years

This introductory training class gives youth the opportunity to learn how recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age. Participants will not receive a certification card however; will gain the knowledge of potential life threatening emergencies and how to respond.

Resident \$65 / Non-Resident \$78 • Location: PKCC

Mon–Wed	July 27–29	9–12pm	45033
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Aqua Leaders Volunteer Program

Ages 12 to 15 years

Training class, in which youth have the opportunity to develop lifeguarding, swim instructing and other occupational related skills. Aqua Leaders receive training and instruction in facility rules, policies and procedures and water safety.

Completion of the program is a prerequisite to volunteer as a Junior Lifeguard and or Swim Instructor Aide for the Kirkland Aquatic Service Program, which continues until Aug 31 • Resident \$65 / Non-Resident \$78

Mon–Thur	9am–12pm	June 22–July 2	45025
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Lifeguard Training

With Oxygen and Automatic Defibrillation

American Red Cross lifeguard training course. Successful participants will earn certifications in lifeguarding, first aid, CPR for the Professional Rescuer, oxygen administration and automatic defibrillation.

The prerequisites for this course include: 15 years or older and the ability to pass a swimming pre-test which consists of a 300 yard swim; swim 20 yards, retrieve a 10lb brick in 7+ feet of water and then carry the brick back 20 yards while holding on to the brick with both hands
• TEXT BOOKS AND POCKET MASK NOT INCLUDED AND MUST BE PURCHASED SEPARATELY FROM THE AMERICAN RED CROSS, redcrossstore.org item's #655735 and #658225
• First class starts at Peter Kirk Pool

Resident \$200 / Non-Resident \$240

Session 1	Tuesday, Wednesday Thursday	May 26, 27, 28, June 2, 3, 4	45026
Session 2	Mon–Friday 9am–2pm	July 13–17	45027



Water Safety Instructor Course

This is an American Red Cross course. Upon successful completion you will receive a certification in instructing the learn-to-swim programs for infants, toddlers, preschoolers, youth, adults, people with special needs, instructor aide training, and water safety outreach. Students must be at least 16 years old and complete a swimming pre-test before entering the course.

This course includes: Fundamentals of Instructor Training • TEXT BOOKS NOT INCLUDED AND MUST BE PURCHASED SEPARATELY FROM THE AMERICAN RED CROSS, redcrossstore.org, item #657328 • First class meets at Peter Kirk Pool • This course will be taught as a blended learning course and will require additional learning and study outside of the classroom time.

Resident \$200 / Non-Resident \$240

Week 1	Tuesday, Thursday 4–8pm	May 26, 28	45030
Week 2	Monday, Wednesday, Friday, 4–8pm	June 1, 3, 5	





Introduction to Synchronized Swimming

Learn the basic fundamentals of synchronized swimming, which combines the art, grace and fun of dance with the flexibility and strength of gymnastics—all in the water. Participants will learn and practice basic body positions, sculling techniques, stroking variations, and eggbeater. This program is designed for youth level 5 swimmers and above (must be able to swim at least 50 yards crawl stroke) and includes on deck and water activities in the dive tank. Participants will learn a synchronized swimming routine and perform on the final day of class, Friday, August 7 at 6pm during the Friday Night Family Fun Night.

Participants will need to bring one-piece swimsuit, swim cap, goggles, nose clip, large towel big enough for stretching • Class meets at the Peter Kirk Pool

Resident \$80 / Non-Resident \$96

Mon-Thur	3:45–5pm	Aug 3, 4, 5, 6	45038
Fri	6–7pm	Aug 7	

Synchrofit **NEW!**

Age 16 and older

Enjoy an hour long water fitness class where participants work on swimming in synch, learning synchro basics such as sculling, positions and treading water all while getting a great cardio workout. Participants should be comfortable in the water and have a general knowledge of the basic strokes.

6 lessons • Resident \$60 / Non-Resident \$72

Tue/Thur	6:45–7:45pm	Aug 4–20	45039
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Deep Water PM Aquarobics —Weekdays

Ages 16 years and older

If your goal is a leaner and stronger body and you want to have fun—Aquarobics is for you! Our professionally trained instructors will inspire you to move! Benefits of Deep Water Exercise: 1) Burn Calories, 2) Build Strong Muscles and 3) 60 Minutes of Abdominal Work.

Work-at-Your-Own-Pace.
Beginners to Advanced Welcome!

Session 1: June 8–July 8 (5 weeks)

Ten, 60-min lessons • Mon/Wed
Resident \$115 / Non-Resident \$138

Mon & Wed	7:30–8:30pm	June 8–July 8	45034
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Session 2: July 13 – Aug 12 (5 weeks)

Ten, 60min lessons • Mon/Wed
Resident \$115 / Non-Resident \$138

Mon & Wed	7:30–8:30pm	July 13–Aug 12	45035
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Session 3: Aug 17– Sept 2 (3 weeks)

Six, 60min lessons • Mon/Wed
Resident \$69 / Non-Resident \$83

Mon & Wed	6:45–7:45pm	Aug 17–Sept 2	45036
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Deep Water AM Aquarobics —Weekends **NEW!**

Ages 16 years and older

If your goal is a leaner and stronger body and you want to have fun—Aquarobics is for you! Our professionally trained instructors will inspire you to move! Benefits of Deep Water Exercise: 1) Burn Calories, 2) Build Strong Muscles and 3) 60 Minutes of Abdominal Work.

Work-at-Your-Own-Pace.
Beginners to Advanced Welcome!

Session 1: June 13–July 18 (5 weeks)

Five, 60-min lessons • No class 7/4
Resident \$58 / Non-Resident \$70

Sat	8:30–9:30am	June 13–July 18	45037
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YOUTH CAMPS

PADDLEBOARD Page 9

SAILING Page 10

KIRKLAND KIDS TRIATHLON



SWIM BIKE RUN

AGES 3 TO 12 YEARS

"I wanted to tell you how much our two grandchildren enjoyed the Children's Triathlon. They came away with such a sense of pride and accomplishment. It was extremely well organized"

NEW COURSE!

This non-competitive, non-timed event provides an excellent opportunity for youth to experience the sport of triathlon. Athletes participate in 50 yard swim/splash, 1/2 mile bike, 1/2 mile run. Registration will close September 11th. Day of event registration will be available beginning at 9:30am however participants are encouraged to register prior to the event.

SEPTEMBER 12, 2015
JUANITA BEACH

Race begins at 11:00am
Check in begins at 10:00am

\$32.00 (includes tax)

Registration #45040

Participants will receive swim cap,
T-shirt & ribbon